

aware vs. automatic

Debrief last week and look ahead to continuing to plan for peace this holiday.
If using this in a group setting, please complete **BEFORE** your next meeting.



Holiday Event Debrief: *A window into how I navigated this past week, and what I learned about myself..*

The Best part was... -----

The Worst part was... -----

One thing I learned: -----

| AUTOMATIC <i>(What I've always done...)</i> | AWARE <i>(What I really want...)</i> |
|--|---|
| FOOD: | FOOD: |
| GIFTS: | GIFTS: |
| SOCIAL EVENTS: | SOCIAL EVENTS: |
| DECORATING: | DECORATING: |

Balancing Expectations *(write one "and" statement, i.e. "I may feel disappointed during Christmas AND I have the opportunity to make new traditions," or "Holiday food can be triggering AND I can make good choices...")*

and... -----

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

John 14:27 (NIV)



“And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.”

James 3:18 (NLT)



“It is God who arms me with strength, and makes my way perfect.”

Psalms 18:32 (NKJV)



“Look at those who are honest and good, for a wonderful future awaits those who love peace.”

Psalms 37:37 (NLT)



“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

2 Timothy 1:7 (ESV)



“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”

Hebrews 12:11 (NIV)



“Mercy, peace and love be yours in abundance.”

Jude 1:2 (NIV)



TRANSLATION KEY

NIV—New International Version

NLT—New Living Translation

NKJV—New King James Version

ESV—English Standard Version

HOW TO USE THESE CARDS

Print onto cardstock and trim on dotted lines. Tuck into your Bible, journal, or stick on your mirror, refrigerator, or anywhere you need a reminder of what is TRUE.

They're also great for sharing...



FINDINGbalance
eat well. live free.